PRAYER OF

Saint Teresa of Avila

REFLECTION

Let nothing trouble you,
Let nothing frighten you.

Name your greatest fear. What underlies it? What impact does worry have in your life? How does it rob you of happiness?

All things are passing;
God never changes.
Patience obtains all things.

Can you name a fear you had a year, a month, or a week ago? Which ones have passed away? How do Teresa's words put fear and worry in perspective?

The one who possesses God lacks nothing;
God alone suffices.

Name a time when you have had just enough—food, money, comfort, or any other commodity. How does being content with what we have—here and now—generate joy?

Write your own "bookmark" prayer—one that you can turn to whenever you feel fearful or anxious.

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